



Emergency Room

Spiritist Universe

“Spiritualism in modern times cannot restrict God within the walls of a temple on Earth, because our essential mission is to convert the entire Earth into the august temple of God”

André Luiz

In the Future

“No longer will they teach their neighbor, or say to one another, 'Know the Lord,' because they will all know me, from the least of them to the greatest.”

Hebrews 8:11

When man engraves on his soul
The luminous paragraphs of the Divine Law,
The companion will not reprimand his companion,
The brother will not denounce another brother.
Prisons will close their doors,
The courts will be silent.
Cannons will turn into plowshares,

Men-at-arms will return to sowing the soil.
Hatred will vanish from the world,
Bayonets will rest,
The machines will not spew out flames of fire and death,
But they will peacefully take care of planetary progress.
Love will overcome justice.
The children of faith will not only be just,
But good, profoundly good.
Prayer will consist of joy and praise,
And the houses of prayer will be consecrated to the sublime
work of supreme fraternity.
The preaching of the Law
Will live in everyone's actions and thoughts,
Because the Lamb of God
Will have transformed every man's heart
Into a tabernacle of eternal light,
In which His divine Kingdom
Will shine forever.

01

Moments of Crisis

Nobody wants them, and we all try to avoid them: the moments of crisis.

They occur, more particularly, in external events that we are often not part of.

Today, it is an attitude considered unfortunate, assumed by someone attached to our heart by intimate ties;

Tomorrow, there may be grave conflicts within the family group;

Later, it may appear in the estrangement of some of our most esteemed companions.

And further, the most difficult moments will be when a loved one disincarnates, enveloping us in clouds of suffering and tears.

In those bitter hours, we must be the security of the weakened before the trial or the support of those fading in their daily lives, about to fall.

In all the embarrassing moments of human experience, it's only reasonable to offer a word of spontaneous gesture of support for all those around us.

However, while supporting others, it is imperative not to forget our struggles.

Let's install the light of understanding inside us and sustain ourselves in an atmosphere of trust so the straining of human school finds us firm in our faith in God and ourselves.

For such, we should recognize that crises are phases of change, sometimes marked by enormous tribulations, from which Divine Providence, using resources we ignore, will bring us the necessary renewal and a Better Tomorrow.

Wherever you are, remember that God always loves and guides us. Wherever you find yourself, you will surely need someone, or someone in that place will need you.

Moving Forward

Whatever tribulations you are facing, remain faithful to the good and count on God.

-When you see your own confidence under heavy clouds of suffering; under storms that alarm your life;

-In the face of trials resembling a conspiracy of darkness to annihilate you;

-When it seems that you lack everything, even the necessary for your subsistence;

-In the face of death, taking away your most cherished loved ones;

-In the case of illnesses that require difficult and painful treatment;

-In the center of problems, you believe to be unsolvable;

-In the face of temptations that hammer your resistance;

-When loved ones make a mockery of your faith;

-And when the afflictions of the world make you feel the bitter taste of loneliness or defeat, raise your thoughts to God and trust, for God does not abandon us, and will take your difficulties and tears to increase the power of hope with them, wherever you are.

So it will always be, for it is with the light born from the sweat and tears of those who work to build the good of everyone that the Messengers of Divine Providence light up the path of generations, transforming today's losers into tomorrow's winners, who follow the paths of progress, acting and serving to build a better world.

03

Crossing Trials

Keep to the guidelines of good.

And go with God.

Act.

God inspires you.

Be silent.

God will speak for you in the language of circumstances.

Don't tremble.

God is watching over you.

Work and help others.

God is working for you.

04

Tests of Life

Don't omit yourself in times of ordeal.

If you find yourself in a moment of crisis, with severe responsibilities on your shoulders, remain in the tasks that the world has given you, doing the best you can to serve, and wait for the time.

You may imagine that the burden of your obligations is too heavy, that failure awaits you at any moment, that you are in the wrong place, or that circumstances proclaim you incapable as the obstacles grow.

However, courageously accept the tasks given to your spirit and move forward.

Reflect on the precious metal leading to the crucible.

The person evaluating it puts it under heavy fire until the lower elements disappear from the alloy. Only after the material has melted does the person responsible for sorting it apply no more or less heat to it, conscious of the imperative not to harm his work.

Given any setbacks or difficulties on your way, maintain patience and serenity so you can rise to comprehension, thus gaining enough light within yourself to solve the problems in your achievements.

In any part of your life, accept without complaint the work assigned to you to help others and benefit yourself.

Be sure that no one is alone.

And like we analyze our companions in life, friends of a higher condition also watch over us.

Remain firm in the commitments that life honors you with and keep the certainty that today's sacrifices are the necessary trials that testify to our ability to perform higher duties in tomorrow's activities.

Following with God

Don't fear the path;

Where good remains, God is present.

Always work and serve;

God inspires and protects you.

Don't fear danger;

God guarantees your peace.

Your feet bleed on the march;

God will bring you rest.

Companions are gone;

God will never abandon you.

Don't be afraid of anything;

Go on and trust in God

Violence and Medicine

Wherever there is helplessness, install, as much as possible, some signs of sympathy and solidarity, which should bind us to one another.

Don't emphasize any problems of race or belief, prejudice, or separateness; instead, try to cooperate for the unity we all need to achieve before God.

Lighten the burden of deprivation of a sick one left in sorrow; alleviate the afflictions of destitute mothers; calmly and patiently endure insulting allegations; protect children without support or direction.

Be the discernment that understands and the arm that helps.

Don't add bitterness or criticism to the fire of collective tribulations.

No one expects you alone to be able to put out the fire of despair spreading on Earth.

For all of us, offer your jug of cold water.

Don't just record the outbreaks of violence on the physical plane.

Do something so that love can re-establish harmony between creatures.

Have compassion, forgive, and serve.

Don't dramatize imbalance and discord with highlights that would only magnify them wherever you are.

Invest the values of the word in building good, pointing to the noblest angles of the arising issues.

Avoid emphasizing the negative impressions of this or that unfortunate event.

Fill your available minutes with work that brings help, even small gestures, to brothers and sisters who undergo labyrinths of hardship and suffering.

Don't condemn people who have fallen into error, asking us to respect them for the misfortune they bring.

Doing Good

Think of the good and help always.

The pessimism of others may interfere in circumstances,
trying to steal your confidence.

Yes, maybe your gift is not used as nobly as you wished.

At other times, your spontaneous gesture of cooperation and
kindness was probably not interpreted with the value you have
conferred on it.

However, by helping others, in the eyes of God's Laws, no one
will be able to alter the benefit you have done to yourself.

08

Right away

If someone has offended you, forgive them without delay.

If you hurt someone, reconsider the thoughtless gesture and apologize immediately.

Resentment and remorse are negative attitudes that generate bitterness and sadness, which can destroy our strength to the maximum.

Let the light of understanding guide your words, and do not allow imbalance to settle in your inner world.

With your soul bruised by the unfortunate behavior of someone, forget the shock you have suffered, and if you have hurt the feelings of this or that person, ask them for forgiveness, acknowledging your fault.

Spiritual disharmony, when not extinguished at its source, creates disturbances with unpredictable results, similar to the infection process, which, if not treated with the necessary urgency, ends up intoxicating all the physical forces, often leading to premature death.

That is why Jesus, the Divine Master, not only recommended:

“Be reconciled with your adversary,” but enlightened us convincingly by stating:

“Be quickly reconciled with your adversary, while you are on the way with him.”

Desire and Destiny

You often ask for guidance in your spiritual life.

However, meditate:

Wishing, you feel;

Feeling, you think.

Thinking, you communicate.

Communicating, you realize.

By doing, you sow.

Sowing, you will reap.

Today, we possess what we plant.

In the future, we will have what we are doing now. Thus, we create our destiny using God's blessings, through which we will receive from the Wisdom of Life the results or fruits of our deeds.

10

Guilt and Liberation

Remorse is God's glimpse into the guilt complex that expresses itself as a disease of the conscience.

Suffering is God's therapy to eradicate it.

II

Surprise Trials

Unexpectedly, you may find the harshest problems requiring a solution.

They are from the simplest to the most complex in our experiences on the Physical Plane. For instance:

-The sudden disembodiment of a companion linked to us in our most intimate feelings, from whom we had expected to spend a long time and cooperation.

-An accident marked by unfortunate situations.

-The boss, who, tormented by worries, communicated to you rudely all the bitterness that spoils his mood.

-The co-worker, embittered by illness in the family, who has thrown phrases of anger and disregard against you.

-The passerby, with his nerves out of control due to life's troubles, directing aggression toward you over trivial matters.

-The unexpected relative, misled by rumors or incorrect information, causing a commotion with unwarranted

accusations.

-Parents and children who suddenly become modified, sometimes because of unfortunate habits that have robbed them of their balance and discernment.

-The traffic officer, who behaves inconveniently.

-The clerk, tired of insults, challenging us to reactions incompatible with our peace of mind.

In all these distressing events, the fairest measure capable of guaranteeing our safety is patience, which places our spirit under the guard of silence, allowing us to contact the help of prayer.

12

Matter of Law

You will never harm anyone without harming yourself.

You will never benefit this or that individual without benefiting yourself.

Through our actions towards others, we chart our path.

The companions on our way are fragments of which our future will be constituted.

These notes belong to the Law.

Always Building

Don't stop the good works because obstacles have arisen along the way.

Think back to the primitive forest and imagine yourself tearing paths through the wild greenery.

The undertaking would require extreme dedication.

The use of heavy instruments to correct the uncultivated undergrowth would be indispensable, along with the constant exercise of prudence, before the natural onslaughts of hostile agents that would understandably react against the ingress of resources intended to improve the soil.

The image recalls the construction of ways of understanding and peace among creatures; many stuck to mental fields of incomprehension.

Once you have realized the importance of doing good, work without losing heart.

If someone hurts you, forgive and forget, remembering the thorn that tears because it does not have the contexture of the flower.

When faced with a job to do, do not wait for others, but start the cooperation you have set out to do, giving the best of yourself, even in the noble accomplishments you are beginning.

Remember that no matter how beautiful the palace, it will have started with a simple stone.

If a companion loses heart, moving away from an action in progress, continue in the duty you have embraced, keeping the

certainty that the Creative Power of Life will send you other brothers and sisters of ideal who will help you to build the common good.

Don't lose yourself in sterile regrets, wasting your time.

Love always, without claiming compensation that might stop you in your tracks.

Above all, don't believe in easy or priceless advantages.

Progress is synonymous with sweat.

Sublimation is the other name for renunciation.

Competence is comparable to a vast collection of calluses on mind.

And in the soul, every experience takes the form of a scar.

14

Bless and Trust

Bless in prayer those companions who have left you, believing to be moving away from faith.

Send them your best thoughts, but don't worry.

They may be sure they are running away from God, but God will never run away from them.

Before the Best Side

Imagine indulgence as a contact lens with reality.

And by placing it in front of your inner vision, you will observe, through the agitation and imbalance you may encounter on your journey, all those who seem to be adversaries to you, such as:

- The victims of hatred;
- The demented of destructive ambition;
- The uninformed of ignorance;
- Those possessed by violence;
- The prisoners of anguish;
- The spiritually mutilated of unbelief;
- The injured in the ordeal;
- The bearers of rebelliousness...

Here and there, they might cross your path, harming your interests, hurting your feelings, poisoning your intentions, or addressing you with some cruel phrase.

In the meantime, carry on with your commitments.

Before those you may consider enemies, try to see the best side of them and don't give attention to their supposed aggressions.

Continue in peace on the path that Divine Wisdom offers you.

Forgive, forget, and support always.

If you keep your heart calm and thinking clear, you already know the offenders are brothers and sisters absent from their safety.

And those who fall into imbalance or despair, even though they need to repair the damage they impose on life, are our companions who don't know what they're doing.

Peace Class

So many cultural training classes enrich the world!

It is always noble a desire to achieve this or that title of competence.

However, blessed is the creature who learns to live contentedly, seeking to improve themselves with patience so that others may live in peace.

Transition Times

Cultivate patience and maintain yourself in peace.

Remember the uncontrolled crowd before an imminent danger.

Remember the disasters that have occurred, whether indoors or in open stadiums, when some hallucinatory scream announces a disturbance.

Frightened groups clash, sometimes injuring or massacring each other.

A similar image applies equally to the Earth in these days of transition when millions of people find their problems growing larger and larger.

In these events, the world effectively resembles an amphitheater of immense proportions, in which vast crowds endure the pressure of cruel events.

And these crises weigh on private life, motivating strange behaviors in the sphere of individuals.

So is how we note companions of experience becoming disoriented in the most diverse conditions of work and struggle.

This man demands a hasty disengagement from the commitments he voluntarily embraced, caring little for the tears of those writhing in pain, with their most cherished feelings hurt.

Another tramples over the defenseless brothers and sisters who fall here and there without asking about the suffering he causes. Others attack those who cross their path, and many more take

on unfortunate attitudes, rushing to mutilate themselves on the pretext of being in charge of the escape course.

If you find yourself in such complex situations, where loved ones seem to be crazed, seeing only their interests, deserting respectable obligations, squandering other people's feelings, plundering hearts, or abandoning themselves to attitudes that will bring them unimaginable suffering, calm down and pray, serve and wait.

The storm is temporary.

Think of the sun rising again to restore the countryside after a night of storms, and you'll understand the harmony with which life marks the works of God.

Support Point

Even if you don't have time and resources, don't be hostile to anyone.

Help others as much as you can, and when you can't do what is asked of you, bless and pass on.

Every creature, in essence, is a door through which Infinite Love can manifest itself.

Many times, the person we despise today will tomorrow be the support point through which we will need God's help.

Imperative of Peace

When faced with events that lead you to negative reactions, reflect on the imperative of peace and protect yourself with discernment, so that anger does not disturb your path.

If an act of violence has injured you, observe the sickly condition of the aggressor and you will recognize that he is unloading on you part of the burden of dissatisfaction and despair that he harbors within himself.

In front of loved ones who are out of sync, do what you can to restore harmony between them, but respect them in the positions they may take, without belittling their free will.

If a determined task that concerns you encounters repeated obstacles, as if strange forces were conspiring against your best wishes, altercations will not help you achieve a worthy finish.

Insidious illnesses pass through, disturbing your body and disrupting your home. However, defiance will not eliminate their challenges, but the required composure with the appropriate medication.

Whatever crises and difficulties come your way, protect yourself with tolerance, calm down, and wait.

As long as you keep working and serving, life in God's name will always offer you the maximum resources for the minimum effort to overcome the problems you must solve.

Be patient.

Remember always:

- Rashness is a fall into repentance;
- Rebelliousness is a fire within the soul;
- Bitterness is a disease;
- Anger is devastation.

Peace and Understanding

Don't say that your home or family is in discord, unable to offer you tranquility.

If you can understand such a situation, it is a sign that you already have the necessary resources to be an example of understanding and peace to help the hearts among whom Divine Wisdom has called you to live.

21

Dictionary of Situations

In the school of faith, we can imagine a dictionary of the most diverse situations in life, which have special meanings, such as:

- Work - blessing;
- Duty done - liberating path;
- Routine - achievement of competence;
- Test - value measuring;
- Solitude - time for inner examination;
- Suffering - a specific lesson;
- Penury - a call to service;
- Setback - indirect warning;
- Illness - a brake lever;
- Boredom - training in patience;
- Adversary – precious inspector;
- Criticism – appeal to elevation;
- Censorship – invitation to readjustment;
- Disappointment – visit of truth;
- Offense – opportunity for tolerance;
- Temptation – lesson in resistance;
- Failure – imposition of review;
- Difficult relative – debt in collection;
- Home in discord – area of rescue;

- Social obstacle – teaching of humility;
- Desertion of affections – compulsory renewal;
- Blows suffered – promotions in discernment;
- Losses – identification of people;
- Resignation – right direction;
- Sacrifice - spiritual growth;

As is easy to see, in the most varied circumstances of existence, each one, in the instinct of faith, can create their dictionary of situations so that they don't lack guidance and security, understanding, and light.

Personal World

Totaling millions of worlds, the Universe is God's Perfect Creation.

Don't forget, however, that you are in your world.

You feel and think.

You mentalize and create.

You create and act.

You have with you what you produce.

Let's reflect on this, and you'll realize that pain and joy, discord and peace, fear and encouragement, in their origin, depend exclusively on us.

Traces of Reality

Don't plead restlessness and deficiencies to neglect to serve.

If we were in good standing with the laws that govern our lives, we would enjoy higher credit, and if we were elevated spirits, we would already live on higher planes.

We must accept the imperfections that still characterize us and strive to improve ourselves as much as possible in Space and Time.

And, above all, when our tasks seem excessively heavy, let's recognize that if we didn't have difficult companions, groups far from their intended purpose, impulsive and irritable siblings, complex parents, rebellious children, enemy relatives, sick people from multiple sources, obsessors and passions, friends entangled in unfortunate deceptions, gratuitous adversaries and insecure companions who compel us to constant testimonies of solidarity and tolerance, support and understanding, what would be left for us to do on Earth?

Let's refrain from complaining and rebelliousness and try to do the best we can, for the truth is as follows: we are consciences indebted to the Divine Laws, and only by helping each other will we find the path to our liberation.

If We Wish

Don't stop on the side of the road to cherish bitter memories.

Whatever mistake we may have made, the grief we may have suffered, difficult trials fell upon us, or harsh falls we have faced.

If we want to serve others, let us be sure that the Lord's Mercy will give us the strength to get back on the road of good and continue our journey of spiritual elevation again.

Patience and Hope

Anyone who talks about patience is referring to hope.

Patience also means “Knowing how to wait”.

In this sense, it's only right that we turn to the unforgettable Gospel lesson: *“First, the seed is sown in the ground; then the flower emerges on the branch; then occurs the formation of the ear and, soon after, the grain appears in the ear, ensuring the harvest.”*

Don't withdraw from the constructive clamor in the task the world has assigned you.

All the forces of nature wait patiently for the achievements they are destined to.

The thread of water from one spring joins another to form the fountain, and the fountain flows into the river, which pours it into the greatness of the sea.

The tree trunk that can help man build his own dwelling was not made from one moment to the next.

Coal is transformed into diamonds over millennia, under the constant action of the soil's chemical agents.

If you cherish some plan for happiness; if you aspire to conquer higher knowledge; if you long to gain the understanding of a loved one, or if you wish for the recovery of a loved one, work always and serve in the direction of the target to be reached, without discouragement or haste, counting on God, as the Divine Laws, to guarantee that you will achieve this or that goal, only ask you to know how to wait.

Sign of Patience

A notable sign of patience is that of a person who, when asked more than five times about the same subject, always responds with the same kindness and tone of voice as the first response.

Struggles

We often refer to the struggle.

“We have to fight.”

“Don't give up fighting.”

We get used to repeating these appeals to each other in our relationships.

However, we need to know how and with whom we do it.

At all times, when circumstances require us to resist in the fight, when our interests are forgotten for the sake of our neighbor, we need to fight within ourselves so that our aggression isn't expressed through bitterness and impatience, complicating problems instead of solving them.

We ought to strive for constructive tolerance to govern our impulses so that our actions in life's events don't prove counterproductive, and strain for reaching inner harmony so that the truth, in our hands, doesn't become a club for violence.

It also falls to us to dedicate ourselves to work so our actions speak louder than words.

Acting in good will always mean discovering the formula for peace and security for all around us without becoming agents of factionalism and domination.

Fighting for the extinction of imbalance in one's soul, the conquest of self-control, the forgetting of evil, and building up good within ourselves are the most significant tasks in the realization of improving ourselves.

The effort to live or survive is common to all.

Everyone strains.

Observe, however, which way the struggle is directed in your daily life so that your worries and natural difficulties at the end of each day can mean a part of your duty fulfilled, blessing your conscience with the sum of peace.

Keep Working

Sometimes, you complain of loneliness and claim to have worked for a long time.

Listening to you, it's likely that someone will come along and present you new living conditions, saying that you need a new lease of life and rest.

Loved ones will tell you about the work you've already done and dramatize your temporary fatigue, inviting you to live with them.

Thank those who care about your well-being, but reflect on the law of change that transforms everything.

And if you truly want peace with as much independence as possible, keep working.

Suicide Prevention

When the idea of suicide crosses your mind, reflect, first of all, on the Infinite Goodness of God, who installed you in the planetary residence, solidly structured, to sustain your safety in Cosmic Space.

Then pray, asking for help from the Messengers of Divine Providence.

Meditate on the love and need of those hearts who enjoy your coexistence. Even though you don't know all of their affection for you, and you find it impossible to measure how much you are worth to each of them, it is reasonable to consider how much mental damage you would cause to the violence practiced against yourself.

If the pernicious idea continues to torture you, even if you feel sick, take refuge in the work you can do, where you can be helpful to people around you.

Visit a hospital where you can evaluate your advantages compared to the elevated number of companions suffering from irreversible illnesses.

Go personally to a charitable institution where brothers and sisters in need of total support are together.

A few moments of friendly dialogue can be a precious medication for them. Think of someone you know who is in need and try to meet up with them, attempting to lighten their load of affliction.

Spontaneously come into contact with companions interned in

prisons that you know, so you can do this or that one a little favor.

Don't neglect to read an enlightening page that can refresh your thoughts.

Give yourself to the service of good to your neighbor, whoever they may be, and make an effort to forget yourself,

The voluntary destruction of your physical possibilities not only represents an act of disregard for the blessings that enrich your life, but it will also be your compulsory retreat into your innermost being, in which, for an indefinite time, you will remain involved in your own disturbances.

God Understands Us

If you've made a mistake, try to correct yourself by helping others and working.

Don't condemn yourself. Serve more.

God understands us.

If you dwell on the indefinable, you will remain involved in your own disturbances.

31

You Will Find

You're looking for the blessing of peace.

Thus, you will learn to walk the path towards such an acquisition.

You will walk by serving.

You will patiently surmount the obstacles that stand in your way.

You will always be sure that the practice of good is the indispensable compass for your orientation.

You will welcome as instructors the companions of experience who have become your adversaries.

You will take from the criticism the parts beneficial to yourself, like someone who picks roses from the branch that produces them without being impressed by the thorns.

You will only take the time necessary to rest, sustaining yourself in your work without thinking about fatigue or exhaustion.

You will not settle for discouragement, whatever the circumstances.

If persecutors come your way, you will pray for them without questioning their harassment.

If you hear insulting words, you will remain silent and serene.

Forgive, in advance, any offenses that come your way.

Wherever the desert appears, you will cultivate helpful seeds to benefit those who come in your footsteps.

Even if this or that individual hurts you, you won't turn against anyone.

Thank your companions who support you, but also thank those who still cannot help you.

Be compassionate towards those who hurt you, accepting, without rebelliousness, the difficulties they may impose on you.

Go on happily building the good.

Turn setbacks into lessons.

Act constantly to give life the best you can.

In ordeals, it's natural to feel upset. Yet, don't let it stop you from doing your good works due to events you cannot remediate.

Instead of dwelling on things you can't change, give those problems to God and focus on moving forward.

When you do this, you'll find peace in your heart, and you'll be able to spread love and light to others.

Desire and Destiny

You often ask for guidance in your spiritual life.

In the meanwhile, meditate;

Wishing, you feel;

Feeling, you think.

Thinking, you communicate.

Communicating, you realize.

By doing, you sow.

Sowing, you will reap.

Today, we possess what we plant.

In the future, we will have what we are doing.

This is how we create our destiny, using God's blessings,
through which we will receive the fruits of our deeds from the
Wisdom of Life.

Immediate benefits

A precious dialog took place between the Apprentice and the Instructor:

- Instructor, what is the force that dominates life?
- Without a doubt, it's love.
- Does this power solve everything immediately?
- Among human beings, in general, there are still problems related to love that take a long time to resolve in the field of understanding.
- And what is the ultimate resource that guarantees our security among the world's disharmonies?
- Faith.
- Can faith be obtained from one moment to the next?
- Not like that. Rational faith requires slow building over the days.
- What do we have to turn to maintain the spirit of service amidst the conflicts of life?
- Peace.
- Does peace come spontaneously?
- No, it doesn't either. No one knows true peace without work, and all work requires struggle.
- So, Instructor, is there no element in the world that can provide us with immediate benefits?
- Yes, there is.

- Where is this wonder when I see friction everywhere on Earth?

The Mentor made an expressive gesture of understanding and concluded:

- Son, the only force capable of providing us with immediate triumphs in any sector of life is the force of patience.

Silence Speaks

In the days of greatest trial, when everything around you seem a problem without a solution, support yourself, more intensely to your work.

Don't complicate your life with regrets that could harm the path of others.

Don't dramatize the obstacles in which you find yourself, wasting time.

Keep acting and serving for the good.

Your silence will speak for you much more.

Real Highlight

You may be in your most difficult days of trial.

Don't despair or lose heart.

Non-conformity often only disturbs.

Discouragement doesn't help.

In the midst of a crisis, get on the bridge of work and orient yourself towards your renewal.

Don't lose patience.

Accept the difficulties around you and accept yourself, as you are, in the task for which the Wisdom of Life has formed your life.

Don't turn against the misunderstandings that attack you.

Don't strive for awards and praise.

The improvement of the soul consists of mistakes and successes.

Where you get it right, insist on moving forward.

Where you make mistakes, correct the situation, or correct yourself, recognizing the condition of humanity that you still see yourself.

Don't give attention to insults.

Collect criticism in the vase of tolerance.

Be grateful for the blessings of friends and the touch of adversaries.

Do not turn away from doing good.

If someone accuses you unjustly, leave it to time.

We pass through the days without changing them, but the days pass through us, renewing us, always.

If someone exalts you, we know that “every good gift comes from on high” and not from us.

If someone puts you down, consider that if you are serving, you are actually in your place.

If this or that person challenges you to compete for some privilege, don't argue.

Make silence and serve.

There will come a day when we will all recognize that, in any part of life, all real prominence belongs to God.

Always remember

Don't condemn.

A man ordered severe torture to the detriment of another one he judged to have committed serious misconduct.

The convict suffered the punishment and regenerated, giving himself over to noble experiences of spiritual elevation.

On the paths of life, however, we all meet again, and one day, the former sufferer received the same companion who had accused him, begging him for protection to alleviate the consequences of the grave fault he had committed.

Don't blame.

Where you find evil, do good.

Always remember: the mistakes of others today may be ours to a greater extent tomorrow.

Help Now

Don't forget the imperative of time and help now.

Let's remember how many people carry the pain of frustration to the grave before the good they did not accomplish.

We see them every day beyond the tomb, like madmen, pleading in vain for the hours to go by...

Distressed and deranged, they often collect from their homes the legacy of selfishness and darkness poured into their bosom as curses in the words of dissatisfied children or ungrateful relatives who criticize their attitudes.

Crazed with anguish, they contemplate the properties that seem their exclusive domain, rolling into the hands of others, often perverted in their noblest purposes.

They search in vain for the checkbook or the coin safe they will no longer use, spewing curses and insults.

And they often only receive astonishment and bitterness from the affective ties to which they would like to entrust their sorrows through disturbing petitions for support and peace.

Think of the multitudes of our companions who lament in the shadows the offenses of their failure to do good, and don't forget to sow love and light while the blessing of the physical body gives you the opportunity to do and the right to give.

Don't accumulate unnecessary talents, although we must walk with foresight at every step of the way God indicates to us.

As much as you can, distribute the advantages of your path with others, spreading bread and consolation, warmth and joy,

comfort and hope, because in truth, before the imperishable life in which all assets belong to God, we only possess what we give, since recognition and sympathy are values that moths and worms never consume.

While you are on Earth today, always aid and support your neighbor, for there will come a day when you will inevitably give everything back to those who gave it to you.

Life and Possession

The incontrovertible truth emerges from the exchange of life.

You possess nothing of what you claim.

And you will possess, even if you don't want to, everything you give of yourself without any intention of reward.

Selfishness shouts and loses, while selflessness conquers and attracts.

Divine Presence

No matter how great your earthly tribulations, don't lose faith in Divine Providence.

Difficulties appear.

Dreams fall like flowers to become fruits of experience.

Struggles multiply.

Problems arise, bringing lessons that mark us for the necessary spiritual maturation.

Friends disappear, as if inducing us to conquer our own independence.

Situations you sought as sources of joy turn into painful learning.

You've encountered obstacles you didn't expect.

You're troubled.

Trials afflict you.

The suffering of loved ones aggravates your pain.

Illnesses, conflicts, obstacles, and worries arise.

Discouragement threatens you.

However, don't let it depress you.

Keep giving life the best of yourself, always working and serving.

And so, the moment will come when you will find the presence of God in your own heart.

Thank God

If someone criticizes you for your past mistakes and doesn't appreciate your current efforts to do good, don't let their lack of understanding discourage you.

It's true that compared to Jesus' teachings, we are not yet perfect and may not live up to our own principles or others' expectations. But thankfully, we have made progress, and we still have the privilege of being able to work.

You Will Find

Surrender to God any problems that resemble unsolvable, work, and move forward.

Thus, you will feel peace in your heart, radiating from you as a source of love and light.

